AMENDMENTS TO THE CLAIMS

Please CANCEL claims 8, 41-44 without prejudice or disclaimer.

Please AMEND claims 1-7, 9-40 as shown below.

The following is a complete list of all claims in this application.

- 1.) (Amended) <u>Carbon foam comprising:</u> A semi-crystalline, largely isotropic,
 - an open-celled structure produced by heating produced from particulate high volatile bituminous coal particles exhibiting a free swell index of between about 3.5 and about 5.0 and of a small diameter in a pressure controlled reactor above about 300°C, under a pressurized non-oxidizing atmosphere having a pressure from about 50 to about 500 psi, wherein said carbon foam having has a density of between ranging from about 0.1 and to about 0.8 g/cm₃ g/cm³ and a thermal conductivity below about 1 W/m/°K.
- 2<u>.</u>) (Amended) The carbon foam of claim 1 wherein said coal exhibits a free swell index of between ranging from about 3.75 3.5 to and about 4.5 5.0.
- 3<u>.</u>) (Amended) The carbon foam of claim 2 having a compressive strength below about 6000 psi.
- 4.) (Amended) The carbon foam of claim 2 that has been carbonized.
- 5.) (Amended) The carbon foam of claim 2 that has been graphitized.

- 6.) (Amended) A method for producing a carbon foam from a high volatile bituminous coal exhibiting a free swell index of between about 3.5 and about 5.0 comprising:
 - A) comminuting said high volatile bituminous coal to a small particle size to form a ground coal;
 - B) placing <u>high volatile bituminous coal particles in a pressure</u>

 controlled said ground coal in a mold; <u>and</u>
 - heating said high volatile bituminous coal particles in said mold under a pressurized non-oxidizing atmosphere ranging from about 50 to about 500 psi to a temperature of between ranging from about 300° C and to about 700° C and soaking at this temperature for a period of from about 10 minutes to about 12 hours to form a perform; and
 - D) controllably cooling said perform.
- 7.) (Amended) The method of claim 6 wherein said high volatile bituminous coal exhibits a free swell index of between ranging from about 3.75 3.5 and to about 4.5 5.0.
- 8.) (Cancelled)
- 9<u>.</u>) (Amended) The method of claim 7 wherein said temperature is achieved using a heat-up rate of between ranging from about 1° C to about 20° C per minute.
- 10.) (Amended) The method of claim 7 wherein said controlled cooling is accomplished at a rate of less than about 10° C/min to a temperature of about 100° C.

11.) (Amended) A laminated sheet comprising:

- A) a pair of skins laminated to either side of;
- a carbon foam core having a surface of a semi-crystalline, largely isotropic, wherein said carbon foam is produced from particulate high volatile bituminous coal exhibiting a free swell index of between about 3.5 and about 5.0 and of a small diameter, said carbon foam having and has a density of between about 0.1 and about 0.8 g/cm³ and a thermal conductivity below about 1 W/m/°K; and
- 12<u>.</u>) (Amended) The laminated sheet product of claim 11 wherein said coal exhibits a free swell index of between ranging from about 3.75 and 3.5 to about 4.5 5.0.
- 13.) (Amended) The laminated sheet product of claim 12 wherein said skins sheet comprises comprises a material selected from the group consisting of aluminum, steel, polymer sheet, inconel, titanium, refractory metals, fiber reinforced polymer sheet and paper.
- 14.) (Amended) The laminated sheet product of claim 12 wherein said sheet carbon foam core has been carbonized.
- 15.) (Amended) The laminated sheet product of claim 12 wherein said sheet carbon foam core is graphitized.

- 16.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 1, wherein said high volatile bituminous coal contains between from about 35% and to about 45% by weight of volatile matter.
- 17.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 46 1 wherein said high volatile bituminous coal has a Gieseler initial softening temperature above about 380° C.
- 18.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 17 wherein said high volatile bituminous coal has a Gieseler initial softening temperature between from about 380° C and to about 400° C.
- 19.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 16 1, wherein said high volatile bituminous coal has a plastic range of at least about 50° C.
- 20.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 19 wherein said high volatile bituminous coal has a plastic range of from about 75° C to about 100° C.
- 21.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 19 1, wherein said high volatile bituminous coal has a maximum fluidity of at least several 300 hundred ddpm as determined by ASTM D2639.
- 22.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 49 21 wherein said high volatile bituminous coal has a maximum fluidity of more than 2000 ddpm as determined by ASTM D2639.

- 23.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 19 1, wherein said high volatile bituminous coal exhibits an expansion of at least about 20% as determined by Arnu dilatation.
- 24.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 23 wherein said high volatile bituminous coal exhibits an expansion of at least about 100% as determined by Arnu dilatation.
- 25.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 23 1, wherein said high volatile bituminous coal: 1) comprises;
 - A) from about 50 to about 60% by weight of fixed carbon; and
 - B) less than about 30% by weight inert maceral material;
 - 2) exhibits a vitrinite reflectance in the range of from about 0.80 and about 0.95 as determined by ASTM D2798; and
 - 3) exhibits 0.0 volume % moderate or severe oxidation as determined by ASTM D2798.
- 26.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 1 having a density of between ranging from about 0.2 g/cm³ and to about 0.6 g/cm³.
- 27.) (Amended) The semi-crystalline, largely isotropic, carbon foam of claim 1 having a density of between ranging from about 0.3 g/cm³ and to about 0.4 g/cm³.

- 28<u>.</u>) (Amended) The method of claim 6 wherein said high volatile bituminous coal contains between from about 35% and to about 45% by weight of volatile matter.
- 29.) (Amended) The method of claim 28 wherein said high volatile bituminous coal has a Gieseler initial softening temperature above about 380° C.
- 30_) (Amended) The method of claim 29 wherein said high volatile bituminous coal has a Gieseler initial softening temperature between ranging from about 380° C and to about 400° C.
- 31.) (Amended) The method of claim 6 wherein said high volatile bituminous coal has a plastic range of at least about 50° C.
- 32<u>.</u>) (Amended) The method of claim 31 wherein said high volatile bituminous coal has a plastic range of from about 75° C to about 100° C.
- 33.) (Amended) The method of claim 31 wherein said high volatile bituminous coal has a maximum fluidity of at least several 300 hundred ddpm as determined by ASTM D2639.
- 34.) (Amended) The method of claim 31 wherein said high volatile bituminous coal has a maximum fluidity of more than 2000 ddpm as determined by ASTM D2639.
- (Amended) The method of claim 31 wherein said high volatile bituminous coal exhibits an expansion of at least about 20% as determined by Arnu dilatation.
- 36.) (Amended) The method of claim 35 wherein said high volatile bituminous coal exhibits an expansion of at least about 100% as determined by Arnu dilatation.

- 37.) (Amended) The method of claim 35 wherein said high volatile bituminous coal:

 1) comprises:;
 - A) from about 50 to about 60% by weight of fixed carbon; and
 - B) less than about 30% by weight inert maceral material;
 - 2) exhibits a vitrinite reflectance in the range of from about 0.80 and to about 0.95 as determined by ASTM D2798; and
 - 3) exhibits 0.0 volume % moderate or severe oxidation as determined by ASTM D2798.
- 38.) (Amended) The method of claim 6 wherein said carbon foam has a density of between ranging from about 0.2 g/cm³ and to about 0.6 g/cm³.
- 39<u>.</u>) (Amended) The method of claim 6 wherein said carbon_foam has a density ef between ranging from about 0.3 g/cm³ and to about 0.4 g/cm³.
- 40₂) (Previously Added, currently amended) A semi-crystalline, largely isotropic, coal-based The carbon foam of claim 1, wherein said carbon foam has having a thermal conductivity below about 1 W/m/*K W/m K.
- 41.) (Cancelled)
- 42.) (Cancelled)
- 43<u>.</u>) (Cancelled)
- 44.) (Cancelled)